

Headache triggers

Diet	Stress
Alcohol	Let-down periods
Chocolate	Times of intense activity
Aged cheeses	Loss or change (death, separation, divorce, job change)
Monosodium glutamate	Moving
Aspartame	Crisis
Caffeine	Changes of environment or habits
Nuts	Weather
Nitrites, nitrates	Travel (crossing time zones)
Hormones	Seasons
Menses	Altitude
Ovulation	Schedule changes
Hormone replacement (progesterone)	Sleeping patterns
Sensory stimuli	Dieting
Strong light	Skipping meals
Flickering lights	Irregular physical activity
Odors	
Sounds, noise	

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